

COMPARISON OF INTRADIALYTIC VERSUS HOME-BASED EXERCISE PROGRAMMES ON PHYSICAL FUNCTION, PHYSICAL LEVEL AND HEALTH RELATED QUALITY OF LIFE



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Introduction

- Patients with **low physical activity, increase morbidity and risk of mortality**
- **Exercise programmes** had been observed as **beneficiary for Chronic Kidney Disease Patients (CKD)**
- **Exercise training** of hemodialysis (HD) patients is **associated with generally positive outcomes**
- **Few HD units** offer intradialytic therapeutic exercise

Objectives

- To compare the **effects of 4 months intradialytic versus home-based exercise** in haemodialysis patients
- Regarding:
- physical function
 - Physical activity level
 - Depression
 - Health related Quality of life

Methods

- ❖ Randomized controlled trial → n= 46
- ❖ Exercise programmes: combination of **strength training for lower limbs and aerobic** exercises during 4 months.
- ❖ **Physical function** assessed by The Short Physical Performance Battery (**SPPB**)
- ❖ **Physical activity** assessed by the Human Activity Profile (**HAP**) and the Physical Activity Scale for Elderly (**PASE**)
- ❖ **Health related Quality of life** measured by the Kidney Disease Quality of Life - 36 questionnaire (**KDQoL-36**).

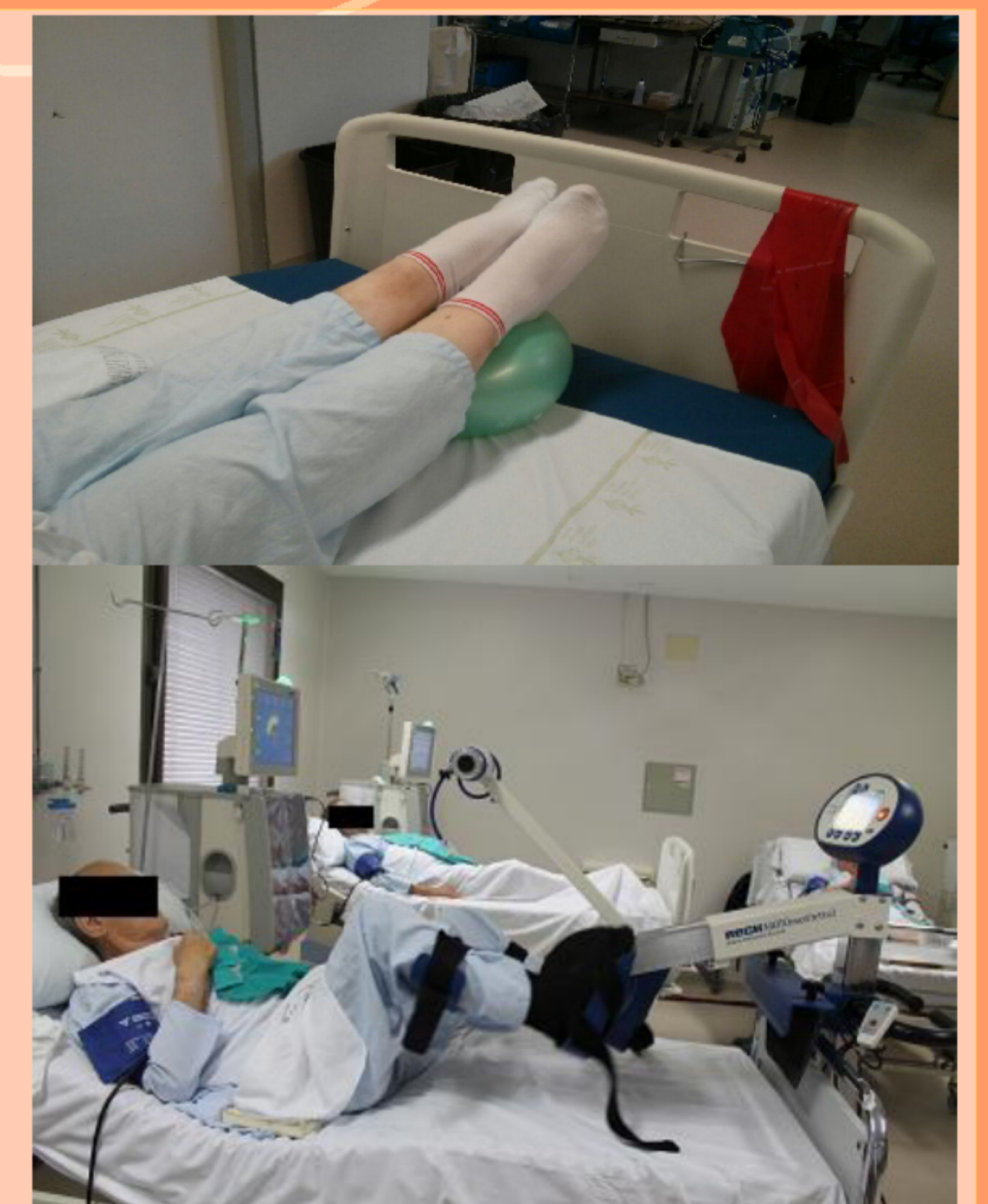
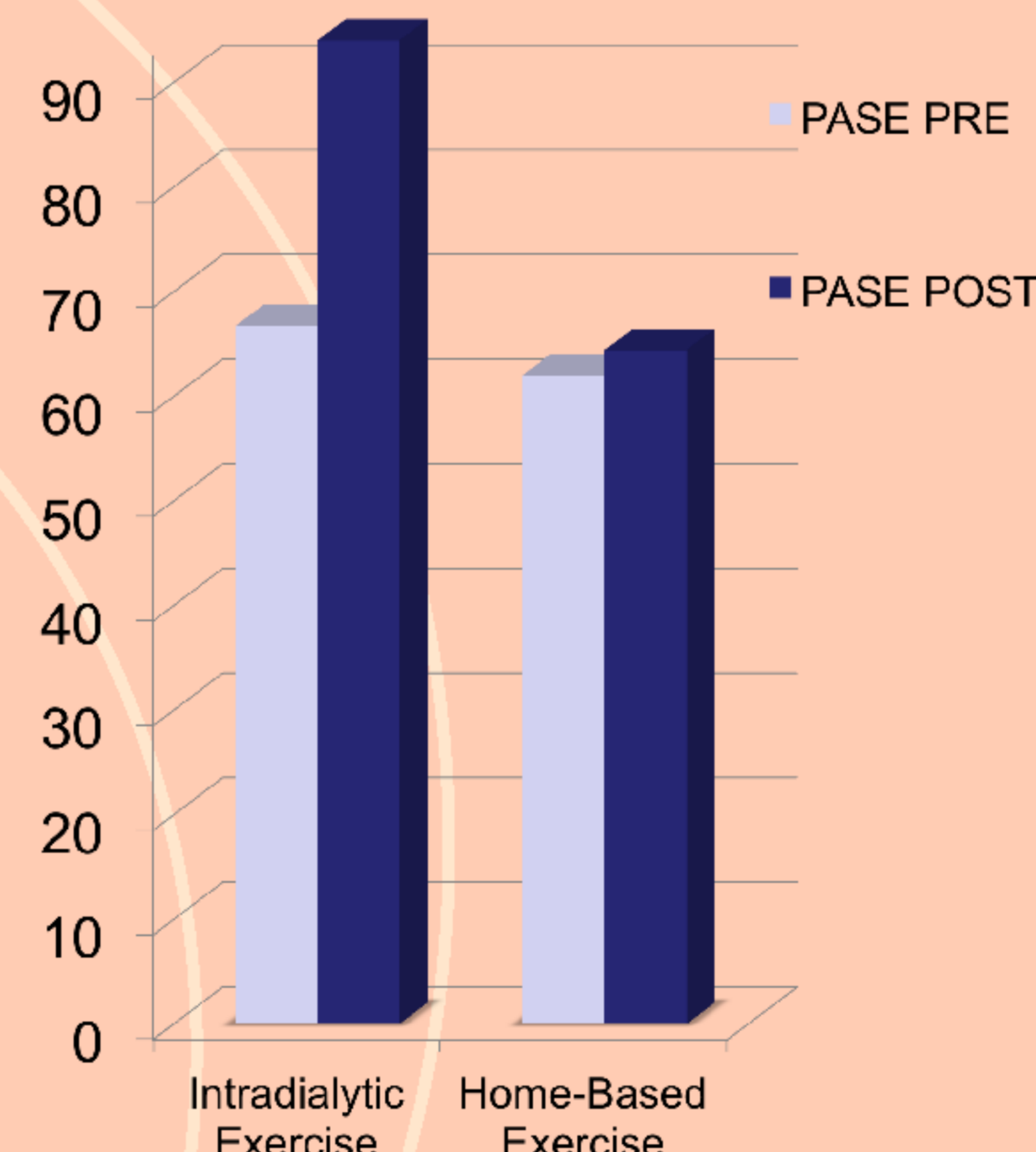
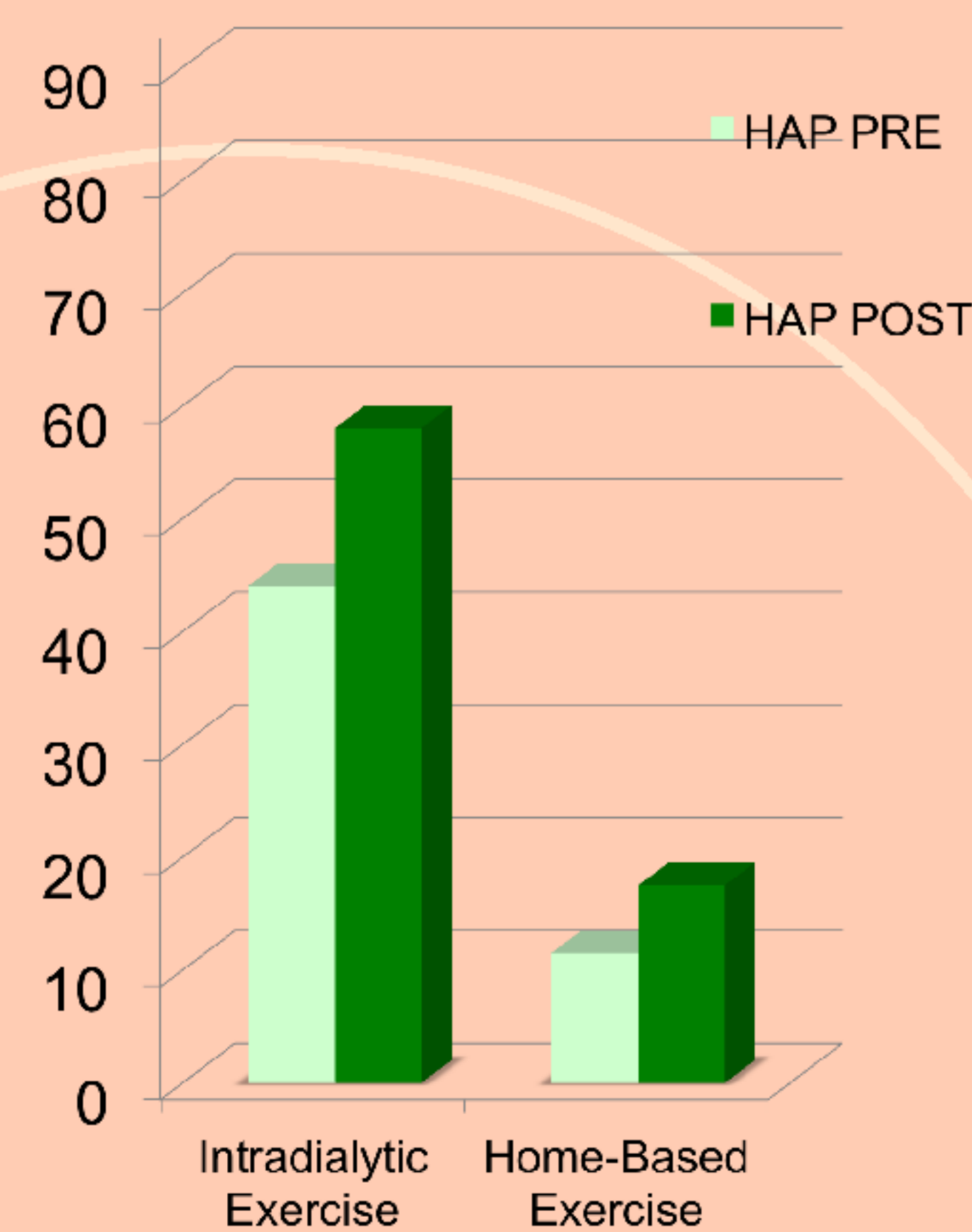
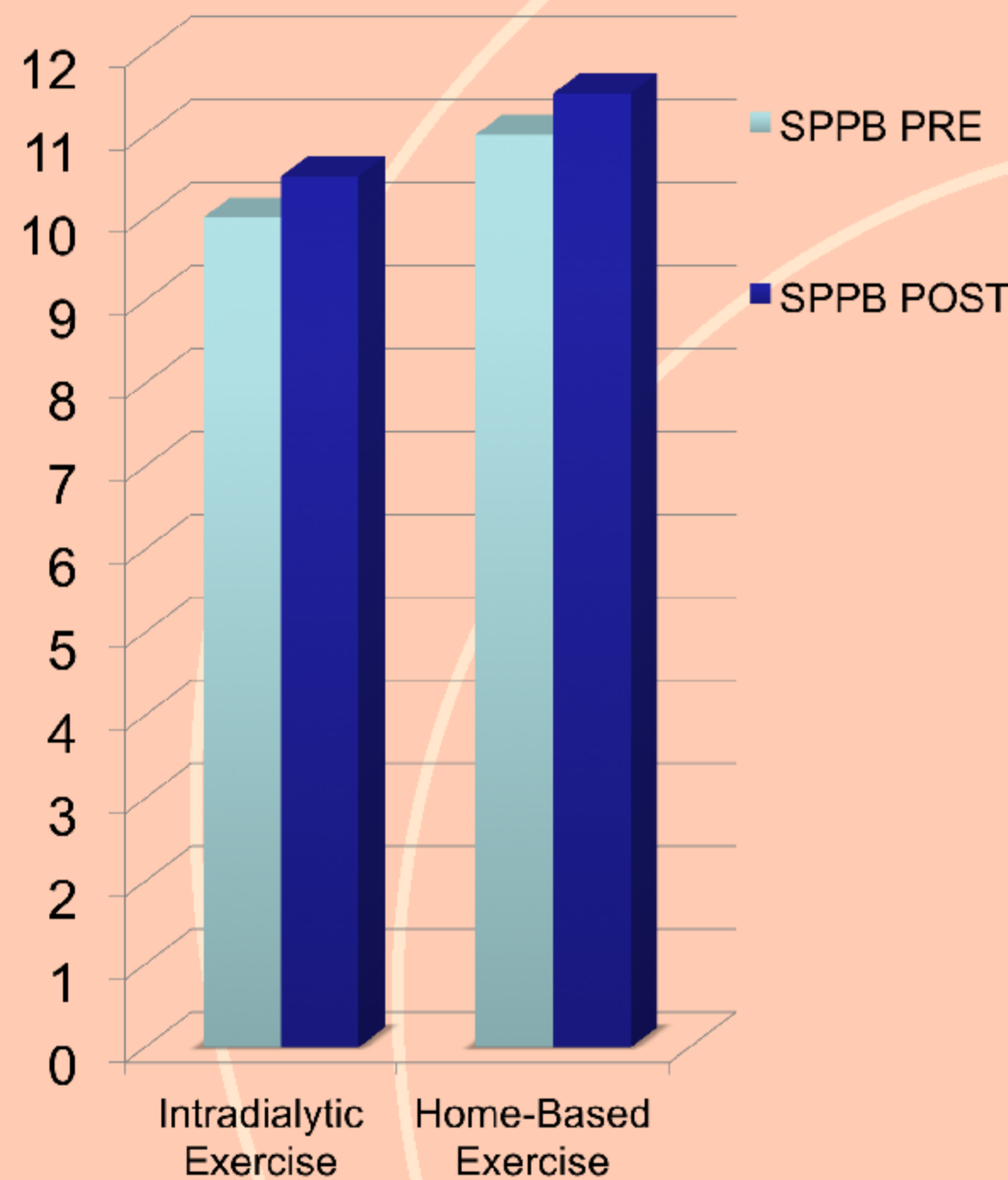


Results

A total of **twenty-three patients**, 16 were males, completed the study and were **analysed**
 There was a **significant time effect** for: **SPPB** (p=0.013), **HAP** (p= 0.011) and **PASE** (p=0.001)
Non-significant differences in KDQoL-36



INTADIALYTIC EXERCISE	HOME BASED
N = 11 (65.9 ± 14.9 years old)	N = 12 (62.4 ± 12.2 years old)



Conclusions

- ❖ Both groups results in an increased of physical function and physical level according with our results.
- ❖ It is necessary to modify attitudes towards exercise in both, health professionals and patients undergoing haemodialysis, to achieve higher participation in all the programmes

References:

Johansen, K.L., Chertow, G.M., Kutner, N.G., Dalrymple, L.S., Grimes, B.A. & Kaysen, G.A. 2010, "Low level of self-reported physical activity in ambulatory patients new to dialysis", *Kidney international*, vol. 78, no. 11, pp. 1164-1170. / Tao X, Chow SK, Wong FK. 2015, "A nurse-led case management program on home exercise training for hemodialysis patients: A randomized controlled trial". *International Journal Nurse Studies*, vol 52 no 6, pp1029-1041

